

Voting for the final four: Boston's dynamic city councilor at-large race

市議員候選人論壇 顯市政活力



(Left to right) Pressley, Arroyo, Jackson, Gonzalez, Bennett, Connolly, Murphy, Kenneally. (Photo by Samuel Tsoi)/ (由左至右) Pressley, Arroyo, Jackson, Gonzalez, Bennett, Connolly, Murphy, Kenneally. 八位競選波士頓不分區市議員的候選人盡數出席10月13日週二在麻省大學波士頓校區舉辦的論壇會。(蔡禮恩攝)

By Samuel Tsoi

All eight candidates vying for Boston's four open at-large city councilor seats participated in the MassVote forum on Tuesday, October 13, hosted at UMass-Boston.

Even though September's preliminary election narrowed the crowded field of fifteen down to eight, the candidates remain an impressively dynamic cohort, representing a spectrum of generations, races and neighborhoods.

The candidates showcased a wide range of résumés, comprising experiences ranging from federal, state, and municipal government, business, youth development and community organizing.

The forum began with a simple question: "How will you make a difference?" and ended with another "Why should we vote for you?" Candidates also responded extensively to issue-specific questions fielded by the local media and the audience. Topics ranged from public safety, CORI (Criminal Offender Record Information) reform, economic development, city management and education.

Stephen Murphy, an incumbent at-large councilor since 1997, listed accomplishments from his long tenure and his responsiveness to issues such as enacting a grease ordinance after a West Roxbury restaurant fire. "It is a high honor to serve this city, and I will continue my advocacy," he said.

Murphy also highlighted the

PILOT (Payment In-Lieu Of Taxes) initiative to address the city's property tax imbalance. Currently, more than half of developments are tax-exempt, including many academic and health care institutions. Murphy suggested using incentives such as tuition reduction for students who mentor the city's youth, and advocated for more on-campus housing.

John Connolly, another incumbent city councilor, touted energy efficiency and effective use of technology as cost-saving strategies. Connolly also reminded voters of his effort in increasing parental responsibility in the chronic absenteeism problem common among many youth.

"As a former teacher, I work hard to keep kids from falling off the tracks," said Connolly, who described plans for a public environmental science academy. He also urged to unite the neighborhoods. "There is only one Boston, not an old and new Boston," he said.

Tito Jackson saw it differently, especially in the areas of public safety and economic opportunity. The former Patrick Administration staffer lamented over the city's infamous racial past. Jackson was born in Boston, and raised by his adopted mother, a biography that he proudly brings to his commitment to public service and youth empowerment.

"The reality is, there are two different cities... I will tear down those walls, and build bridges," Jackson pledged, pointing to the evidence of deteriorating roads, achievement gaps and the unequal access to financial and educational

resources.

In addition to reforming the CORI system, Jackson recommended a change of employer culture, and pressed the city to use its leverage to negotiate for local jobs beyond land and development.

On the issue of public safety, Tomás Gonzalez drew insights from his roles as a parent, homeowner and coach. Gonzalez, a former Latino Liaison in city hall, considered youth violence a public health issue that affects all residents of Boston. "Sending offenders to jail is not enough - we need to strengthen rehab and skills training [programs]," Gonzalez added.

Andrew Kenneally, a former sheet metal worker and city council aide, also stated that his lifelong commitment to Boston and political experience are an asset to the council. Relating to his conflict resolution experience in Belfast, Northern Ireland, Kenneally spoke to the political differences in city hall and the fractioned urban youth culture.

Kenneally advocated a more strategic use of sports, business and education initiatives to prevent youth violence. "As a peace monitor in Northern Ireland... [strategic initiatives] make people realize their common interest," he said. "We either will pay now, or pay later."

Doug Bennett, a former Nantucket selectman, said he had spoken to 100,000 people since he began his campaign. "I feel their pain," he said. Bennett also

CONTINUED PAGE 3

【本報訊】八位競選四個波士頓不分區市議員空席的候選人盡數出席10月13日週二在麻省大學波士頓校區舉辦的論壇會。這八位候選人在九月的初選中從15個人中脫穎而出，充分代表了來自不同年齡、種族和社區的波士頓各個階層人士，他們的發言和討論令人印象深刻。波士頓近年曆史上從未出現過如此充滿活力和競爭氣氛的市政廳選舉，八位候選人在論壇上盡顯個人風格和差別細微的政策想法。

八位候選人分別是現任不分區市議員Stephen Murphy、現任不分區市議員John Connolly、曾就職於市政廳的Tomás Gonzalez、前市議會助理Andrew Kenneally和Felix Arroyo, Jr.、前南塔克特島(Nantucket)行政委員Doug Bennett以及麻州參議員約翰·克里(John Kerry)的前政治主管Ayanna Pressley。八位候選人的工作經驗涉獵廣泛，包括聯邦政府、州政府、市政府、商業界、青少年發展和社區組織等各行各業。他們在論壇上回答了當地媒體和群眾提出的多項問題，包括公共安全、經濟發展、城市管理和教育等等波士頓面臨的機遇和挑戰。

Stephen Murphy由1997年以來一直任不分區市議員，在論壇上，他羅列了自己這段時期內所取得的成就和他對不同事件的快速反應能力。他說：「能夠服務這個城市是一項很高的榮譽，我會繼續我的主張。」

John Connolly則著重強調能源效率和有效使用科技技術來實現成本節約。曾為州長

派區克(Deval Patrick)工作的Tito Jackson對公共安全和經濟機會等方面的問題有許多自己的想法。他指出波士頓的馬路狀況在不斷惡化，人們並沒有公平的獲取金融和教育資源的機會。

Tomás Gonzalez則認為青少年暴力問題是公共安全问题，影響所有波士頓居民。他說：「光把罪犯送入監獄是不夠的我們需要加強修復和技能訓練項目。」

Andrew Kenneally強調了自己對波士頓和政治的長期承諾，他表示這對市議會是一份寶貴財產。Kenneally主張用體育、商業和教育計劃來防止青少年暴力事件的發生。

Doug Bennett說由他開始競選以來，他已經和十萬人交談過。他說：「我知道他們的苦處。」Bennett也在論壇會上表示他不支持將減少公立學校校車作為堅決財政問題的方案。

Felix Arroyo, Jr.則建議利用城市醫院和大學的現有資源幫助當地小企業家和屋主減輕稅務負擔。他特別指出：「我們應該特別看顧那些服務全州，但坐落於城市周邊地區的商戶，比如飛機場內的飯店。」

Ayanna Pressley立志將她的政治技能和公共合作感知力帶到城市的宣傳層面。她說「我想和你們一起奮鬥，為你們奮鬥。」

在周二論壇前，許多長期住在華埠的居民都認識服務華埠的市議員Stephen Murphy和Felix Arroyo, Jr.。Felix Arroyo, Jr.的父親任市議員是華埠堅定的同盟。

有語言困難的華埠選民都通過華人前進會提供的同聲傳譯服

(反面中文第三版續)

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NONPROFIT ORG
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Comic

ah-Lin!

by Lillian Chan



10-19-09

Honestly, I was rooting for ah-Sum 'cuz it's quite unusual to see a Chinese woman stand up for herself.



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On a side note, if you're going to be so bold as to throw out the first punch, shouldn't you not get pummeled?

Idiot.

for more, checkout www.lillianchan.com

Announcements

CHINATOWN

Chinatown Storefront Library

The Library offers story hours, author workshops, nature programs, and more.

Address: 640 Washington Street, (between Essex and Beach Streets), Boston, MA 02111.

Regular Hours starting Thursday October 15, through December 2009:

Tuesday - Friday 8:00-10:00 a.m. and 4:00-7:00 p.m.

Saturday 10:00 a.m. - 5:00 p.m. More information and schedule of events: www.storefrontlibrary.org or call (617) 275-8117.

Chinatown's Trust Fund seeks new proposals

The Chinatown Trust Fund Committee will release a Request for Proposals on October 9, 2009, for consideration at the November 20, 2009 meeting.

For funding guidelines, and information regarding the application process, please send an email request to chinatowntrust@gmail.com.

Funding is limited to one grant in a 12-month period. Final reports can be submitted with incoming applications from 2008 grantees. 2009 grantees are not eligible to apply.

The deadline is 5 pm on November 6, 2009. Please submit one original and one copy, to:

William Moy, Chair
Chinatown Trust Fund Committee

c/o Boston Redevelopment Authority
One City Hall Square
Boston, MA 02201

KKCS annual gala

The Kwong Kow Chinese School (KKCS) will host their annual fundraising gala and auction at Empire Gardens in Chinatown on December 12th. The evening will include cocktails, dinner, student performances and awards. There will also be a silent auction of sports memorabilia, fine dining and unique experiences.

For more information and to purchase tickets, please contact Kara Crowley at (617) 488-2861 and kcrowley@regancomm.com or Betty Liang at (617) 426-6716.

BOSTON

AARW 30th anniversary celebration

The Asian American Resources Workshop (AARW) will celebrate its 30th anniversary at Chau Chow City (83 Essex Street) in Chinatown on Saturday, October 24, 2009. Reception and silent auction starts at 6:30pm.; dinner, awards and performance at 7:30pm. For online ticket purchases, visit www.aarw.org/banquet2009

AsianBoston Networking Event

AsianBoston Networking Event ABNE (formerly Asian-Boston Salon) is holding its 3rd ABNE on Monday, October 26th, 6-9pm at Hei La Moon, 88 Beach St, Chinatown, Boston. Kairos Shen of the Boston Redevelopment Authority will be the guest speaker. Please RSVP by Saturday, Oct 24th, in order for us to make proper arrangements. RSVP to asianbostonmagazine@gmail.com.

Immigration Law Trainings

The Massachusetts Immigrant and Refugee Advocacy Coalition (MIRA) is pleased to offer two workshops: "The ABCs of Immigration," and "Health and Benefits: State and Federal Eligibility."

"The ABCs of Immigration" training consists of an overview of the basic concepts of US immigration law and policy that gives participants an understanding of different immigration statuses and of the ways people come to the United States.

"The Health and Benefits: State and Federal Eligibility" training focuses on immigrants' eligibility for state and federal programs based on their immigration status. The workshop covers the new changes to immigrants' eligibility for state health care, based on the new state health plan.

Where: The Boston Foundation, South Boston Room, 75 Arlington Street, 10th floor, Boston, MA 02116

When: Wednesday, October 28, 1:00 - 4:00 p.m.

Registration: ssekhatat@miracoalition.org

E-mail to register by noon, Monday, October 26.

SOUTH SHORE

Kidney disease info session

Join the National Kidney

Foundation for a free educational program about CKD- Chronic Kidney Disease on Thursday, October 29 at 10:00 a.m. at the Thomas Crane Public Library, 40 Washington St., Quincy.

Participants will learn how kidneys function; what are the symptoms, risk factors and complications of Chronic Kidney Disease; plus treatment options and coping strategies if you have CKD.

The program will be presented in English with Cantonese interpretation. All are welcome to attend.

For more information, call 617-376-1301 or visit thomas-cranelibrary.org.

Tai Chi

Tai Chi Tuesdays through Oct. 27. 10 to 11 a.m., Wellness Community-Massachusetts South Shore, 273 Hanover St., Hanover. Integrate mind, body and spirit through breathing, exercise, posture and meditation. Drop-ins are welcome. For more information and reservations call 781-829-4823 or visit www.thewellnesscommunitymass.org.

Bridgewater State College Chinese music concert. 7:30 to 9:30 p.m., Horace Mann Auditorium, Boyden Hall, 131 Summer St., Bridgewater. The concert is to commemorate tenth anniversary of Asian Studies Program. Free and open to the public.

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Tufts
UNIVERSITY

Tufts Neighborhood Service Fund (TNSF) Request for Proposals

The Tufts Neighborhood Service Fund is soliciting requests for financial support. Charitable, tax-exempt, community-based organizations located in Boston's Chinatown or serving Chinatown residents are eligible to apply. An eligible organization must be able to demonstrate that members of the Tufts University community are involved with the organization as volunteers. Interested parties should contact Community Relations at (617) 627-3780 or visit <http://ur.tufts.edu/community/> for an application. Applications are due on November 16, 2009. Awards will be announced before the New Year.

SAMPAN

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87 TYLER STREET

BOSTON, MA 02111

TEL: (617) 426-9492

FAX: (617) 482-2316

Editor: Cody Yiu
editor@sampan.org

English Section:

Contributors: Lillian Chan (Comic), Samuel Tsoi (News), Rebecca Chang (News), Kailie Xu (News), Katy Bockstall (Health), Cliff Wong (Feature)

Copyediting: Michelle Kiang,
Cody Yiu

Webmaster: James Chen

Layout: Jen-Chun Lai, Cody Yiu

Chinese Section:

Reporters: Kaili Xu

Translation:

Gong Quan Chen, Tien Tien,
Wei Wang, Zhanglin Kong

Marketing and Advertising:

Advertising & Marketing Manager:

Jen-Chun Lai
ads@sampan.org

Marketing Assistant: Yinglei Chen

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Chinatown News

FROM PAGE 1 VOTING

pointed to his role as a bail administrator at the Suffolk County Court. "I know how to treat people fairly," said Bennett, who believes ex-convicts should be allowed to work and own a home.

As the recession continues to push state government to tighten its budget, the next city council will inherit tremendous fiscal challenges. Bennett singled out the elimination of public school busing as a solution.

Felix Arroyo, Jr., a Boston native who also attended UMass-Boston, suggested a more nuanced approach to diversify the city's pool of revenue. To relieve the tax burden on local entrepreneurs and homeowners, Arroyo recommended harnessing the resources of the city's hospitals and universities. "We also need to look into businesses which operate on state land but are within the city's vicinity, such as restaurants inside Logan Airport," he added.

Arroyo, a former city council aide and labor organizer, also acknowledged the rising costs that cripple the city's budget. Health care costs doubled in his career in the case of city employees, he pointed out.

On the matter of fiscal

responsibility as a whole, Arroyo implored voters to keep the legislative body accountable on such tough issues. "The city council is only as strong as the people who you elect," he said.

Ayanna Pressley, a former political director for Senator John Kerry, aspired to carry her political skills and strong sense of public collaboration to the local advocacy level. "I want to fight with you and for you...I want the city council to be a public partnership," she said.

Pressley was brought up in a single-parent home, often dealing with heavy responsibilities and her father's incarceration. She believes these personal experiences allow her to speak frankly and intimately on the issues of crime, family unification and social stigma.

Pressley, who resides in The Carruth, a socio-economically diverse and transit-oriented development built on top of Ashmont Station in Dorchester, also considered smart housing developments as her top priority.

Many Chinese voters, who heard the candidates via simultaneous interpretation provided by the Chinese Progressive Association, were pleased about the opportunity to learn about each candidate and new ideas for improving the city.

Henry Yee of the Chinatown Resident Association wished the candidates had spoken more on affordable housing as well as a permanent neighborhood library.

Prior to the forum, many of the longtime residents of Chinatown recognized Stephen Murphy, the longest serving councilor in the field, and Felix Arroyo, whose father was an ally to the Chinatown community when he was a city councilor.

Through the vast array of voices, the forum allowed candidates to demonstrate their personality, nuanced policy ideas and personal stories. In a city election that has not seen such dynamism and competitiveness in recent memory, voters are pressed with the privilege and responsibility to choose the final four to fill the next Boston City Council.

The final MassVote mayoral forum featuring four-term mayor Thomas Menino and challenger At-Large Councilor Michael Flaherty will be on Tuesday October 27 in Faneuil Hall at 6:30PM. Boston's election day is Tuesday, November 3, 2009. Polls will be open from 7:00 AM to 8:00 PM.

Samuel Tsoi is a Sampan correspondent.

TCC meeting highlights: brainstorming, workforce development, church expansion



The next TCC meeting is scheduled on November 20, 2009. (Photo by Samuel Tsoi)

By Samuel Tsoi

Ideas abound inside the new Chinatown Storefront Library during a brainstorming session at the Chinatown Coalition (TCC) monthly meeting on October 8.

In small groups, representatives from various Chinatown agencies, city departments and social service providers discussed problems they face at work, and how TCC may offer resources in overcoming those challenges.

"There are many stalled housing developments [in Chinatown]," said Dennis Lui of the Chinese Economic Development Council, pointing to the effects of the down economy.

Notwithstanding all the bad economic news, the gospel of this recession is government grants. "We need to identify funding opportunities...be aware of grants from stimulus projects," said Elaine Ng of the Boston Chinatown Neighborhood Center (BCNC).

Representatives from BCNC, Chinese Progres-

sive Association and Asian American Civic Association (AACA) also stressed the importance of having a collective voice in advocating for long-awaited development projects, such as a permanent library.

Despite the high unemployment rates, social service providers have trouble locating the right candidates to fill their open positions. The Golden Age Center described the difficulty in recruiting culturally sensitive and linguistically competent staff, which is critical in serving the elderly.

Representatives from the AACA said they find it a challenge to recruit students who are Boston residents. Several of AACA's programs are grant-funded by the city and thus require the beneficiaries be local residents. This issue of residency highlights the crucial role Chinatown plays in improving the immigrant experience; many Chinese-speaking immigrants from the suburbs travel to Chinatown to seek social services.

Realizing the steady need of immigrants, AACA and BCNC said

they, as well as other service providers, should collaborate among themselves to effectively share the available resources. This collaboration will ensure that the agencies in Chinatown are not competing for the same funds, and that they can share best practices and platforms.

Richard Goldberg, Director of Education at AACA, introduced a one-page pathway chart that seeks to help immigrants navigate social services available in Chinatown. The chart includes information that will guide immigrants to further education, citizenship and employment at a mainstream English-speaking job.

Speaking of economic development, many community organizers across the nation's cities are eager to plug low-income and immigrant workers into "green jobs." This includes work such as weatherizing aging or inefficient buildings, installing energy-saving systems in homes and offices and building alternative energy equip-

CONTINUED PAGE 4

South Cove Community Center welcomes Dr. John Yeh



On October 13, 2009, South Cove Community Health Center welcomed John Yeh, MD, aboard as Chief of Obstetrics and Gynecology at Beth Israel Deaconess Medical Center. The Center also celebrated the completion of its clinic at 885 Washington Street on the same day.

Photo: Judith Kurland, Paul Levy, Eugene Welch and Dr. John Yeh. (Courtesy of South Cove Community Center)

Asian American Civic Association nominates Mai T. Du for honors at 35th Annual ABCD Community Awards Dinner



Youth activist Mai T. Du will be honored for her contributions to the community at the Action for Boston Community Development (ABCD) 35th Annual Community Awards Dinner on Friday, October 30 at the Marriot Boston Copley Place. The dinner celebrates the voluntary efforts of individuals who have worked tirelessly to address and placate the plight of Boston's under-

privileged communities through voluntary leadership and service.

Mai T. Du believes in the limitless possibilities of young people and the Asian American Civic Association, an ABCD affiliate, celebrates her important work in instilling a sense of hope and empowerment in the youth of her community.

For eight years, Mai served as Director of Youth Programs, Volun-

teer Resources and International Social Services for the American Red Cross of Massachusetts Bay, instrumental to the chapter's local, national, and international responses to large-scale disasters. Following the tragedy of Hurricane Katrina, she helped hundreds of displaced victims relocate to Massachusetts and successfully led the Give Hope Now Initiative recruiting and training more than 1,200 new disaster-response volunteers. During her service, she engaged countless youth in the humanitarian mission of the Red Cross and was named their National Youth Director of the Month in October 2007. In 2009, Mai was appointed to the American Red

Cross National Youth Council.

Mai has also been active with the AACA. She has been influential in expanding the agency's services to young people, helping to secure a grant from Tufts Medical Center to establish a new program focused on youth development.

"Mai was adamant that we needed to do more to help the young people in our community and personally took on the responsibility to do so," says AACA Director Chau Ming Lee. "She is steadfast in her belief that youth need culturally-relevant programs in which to build their leadership skills and gain the motivation and ability to advocate for themselves."

Mai holds the dis-

inction of being one of the few certified, female, kung fu and tai chi instructors in the U.S. She is a Board member of the Malden YMCA, serving as the U.S. delegate to the 2007 YWCA World Council in Kenya, is a co-founder of Youth A.C.T., and served on the Massachusetts Action Planning Team for Youth.

To submit an event listing, please email news@sampan.org

Chinatown News

FROM PAGE 3 TCC

ment.

Sunny Schwartz, AACA's Deputy Director, later presented recruitment information on their many workforce development programs, including the Building Energy Efficient Maintenance Skills (BEEMS) course. Schwartz also explained the current timeline and availability of the numerous Federal Stimulus funds for workforce training, especially in the sustainability industry.

Advocating for job access in that growing sector is an effort TCC members would like to collaborate on. As the session wrapped up, a consensus of having a more robust and collaborative effort emerged. Many in the coalition are already encouraged by the effectiveness of attending each other's events, being more strategic and intentional in

communicating and sharing space for meetings.

Steven Chin, senior pastor of the Boston Chinese Evangelical Church (BCEC), presented the church's latest phase of physical expansion on Parcel A. The parcel by Marginal Road and Washington Street has been a vacant lot for many years, and it is currently the temporary site of the Josiah Quincy Upper School (JQUS) and adjacent basketball courts.

Chin, who has worked for the church for three of its almost five decade history, has seen it grow from a few dozen to a thousand regular worshippers. The early days of the church included gatherings at the Pine Street Inn, and an eventual capital campaign in the 1970s during hard economic times which led to the present building on Harrison Avenue.

Currently, BCEC functions in the 200-plus capacity building in Chinatown and the larger Newton campus, with multiple

congregations gathering in Mandarin, Cantonese and English every Sunday - overflowing to the Quincy Elementary School auditorium. Gatherings for youth and adults, an after-school program, summer camps and ESOL and citizenship classes also occur throughout the week.

With the support of over a dozen of community organizations, BCEC has recently extended the tentative agreement with the Boston Redevelopment Authority to swap the current trapezoid-shaped site on one end of Pine Street, to an equal-size rectangular plot by Washington Street.

The proposal, which began in 1996, would allow BCEC to build on the 12,000 square-foot lot while still using the existing space during construction. The city will then reclaim the plot after the old church building is demolished by BCEC. A potentially new Parcel A is envisioned by BCEC and others to be ideal for affordable housing developments similar to

Oak Terrace, with a central courtyard and street-level common space.

Last spring, members of the church pledged \$8.4 million for the expansion project over the next three years. The estimated cost of a four-story building is \$18 million.

"We are blessed by God [for BCEC's ministries and the faith of the members in expansion]" said Chin, who also acknowledged that further steps depend on the fluctuation of construction costs, the development of JQUS and the church's ongoing capital stewardship campaign. Meanwhile, many community stakeholders are eager to see the JQUS and BCEC developments move forward.

The next TCC meeting will be held on Thursday, November 12th, 9:30 AM at the BCNC 4th Floor Conference Room.

Samuel Tsoi is a Sampan correspondent.

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Boston News

Boston's Asian Sisters aspire for excellence



Approximately 150 Asian American women attended the conference on October 3. (Photo courtesy of ASPIRE)

ASPIRE (Asian Sisters Participating In Reaching Excellence) held its 5th annual Asian American Women In Leadership (AAWIL) Conference on October 3, 2009, which was the largest gathering of Asian American females in the Boston and Greater Boston area. This year, approximately 150 Asian American women attended the conference, comprised of high school students (Brookline, Brighton, Andover, etc.), college students (Wellesley, Boston University, Stonehill, etc.), and working professionals.

The Asian American community faces stereotyping as a "model minority" - an ethnic group that has already achieved success and needs little support. As a result of this status, Asian American girls and young women often lack mentors and public role models. Asian American females aged 15-24 have the highest rate of suicide rate amongst Whites, Blacks, and Hispanics. Furthermore, due to cultural and societal pressures, Asian American girls frequently get pigeonholed into traditional careers before they can explore all the options

to overcome challenges and embrace new experiences in order to gain confidence and reach excellence. In order for one to lead, they must build the experience. At this year's event, speakers from a variety of industries spoke about the importance of taking fearless leaps to achieve success.

Speakers included Carmen Van Kerckhove, Founder and President of New Demographic; Rosie Abriam, President/CEO of The Center Asian Pacific American Women; Samantha Shih, CEO of 9Tailors; Lillian Chan, Senior De-

signer of Mimoco and others. Speakers shared their journeys in overcoming both societal and cultural pressures in order to succeed. One attendee said, "I applaud ASPIRE's efforts to feature entrepreneurs and non-traditional career paths. It was amazing. I left feeling inspired, empowered and encouraged!" This event was a huge success, leaving a mark in the hearts and mind of Asian American female attendees

Asian Sisters Participating in Reaching Excellence (ASPIRE) is a Boston-based non-profit organization dedicated to career and leadership development for Asian American (AA) high school and college girls. In 2001, ASPIRE was founded by a group of AA professional women with the mission to empower AA girls, many from low-income, challenging socioeconomic backgrounds, to become more confident contributors to their communities through shared experiences and a strong mentor support system.

Immigrant parent receives local hero award



Bob Gallery, Massachusetts President, Bank of America and Chiwan Chow. (Photo by Don West)

On October 15, Chiwan (Wendy) Chow (曹紫雲) received the Local Hero Award by Bank of America for her tireless efforts in advocating for children with disabilities and organizing immigrant parents to get active in Boston public schools.

Chow immigrated to the US from Myanmar in 1991. She had no formal schooling and cannot read or write. Her two youngest children were born with hearing defects and attended the Boston Chinatown Neighborhood Center, Inc. (BCNC) childcare center. BCNC staff

directed her to resources to support her children with special needs. Because she understands how isolating it is for immigrants who may not be able to communicate well, she made it a mission to help immigrant parents with children with disabilities access services and advocate for their rights.

"... I want to share with all the parents: speak up for your children. I hope that Chinese parents are never ashamed of their children's disabilities, get help and get active to fight for your rights" said Chow.

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Boston News

The Asian Task Force Against Domestic Violence holds Silk Road gala benefit



Celebrity chef Ming Tsai passes mint tzatziki and a shrimp dumpling to Mayor Thomas Menino at the Asian Task Force Against Domestic Violence's annual benefit. (Photo by Rebecca Chang)

The Asian Task Force Against Domestic Violence (ATASK) held its 16th annual benefit, the Silk Road Gala, on October 19th at the Mandarin Oriental Hotel. Nearly 500 generous donors and local leaders gathered to support the organization, one of the few multilingual shelters targeting Asian immigrants in the country.

The gala centrally featured a host of celebrity chefs, including Ming Tsai of Blue Ginger, Ting San

of Oishii, and Ken Oringer of Clio. Beyond revenues from the star-studded culinary event, funds were to be raised from silent and live auctions through the evening. Donated items solicited by Yong-Hua He – ATASK steering committee member and volunteer for the past 3 years – included highly valued sports memorabilia signed by A.J. Pujols and J.D. Drew, and a year of dinners at the restaurants of the guest chefs. Bidding

activity bustled beneath a cascade of thousands of origami cranes, conceived by Meichi Peng Design as a symbol signifying the organization's central mission.

ATASK is a unique organization which reaches over 300 families a year. The group has built from its original core establishment of an emergency shelter over 15 years ago, to a wide swatch of programs, including a 24-hour emergency hot-

line, community outreach programs, and a legal advocacy program. Students throughout Boston's high schools and colleges were brought into the gala through ATASK's ongoing youth program, in a continuing effort to deepen youth community ties and broaden awareness.

Rebecca is a Sampan correspondent.

Cellist Yo-Yo Ma receives Boston leadership award



On October 6, Mayor Thomas Menino presented renowned cellist Yo-Yo Ma with the "We Are Boston Leadership Award" at the 4th annual awards gala. The award recognizes contributions to Boston immigrant community.

Past winners were the late Senator Edward M. Kennedy, former Celtic Bill Russell, and Red Sox slugger David Ortiz. The Gala is organized by the Office of New Bostonians (ONB),

which Mayor Menino created in 1998 to ensure that new immigrants have access to the civic, economic, social and cultural life of Boston. ONB has been nationally recognized as a model in assisting newcomers to overcome barriers and challenges. Every year the office helps over 1,000 new residents attend an English class, open a new business, receive free immigration advice from volunteer lawyers, find a

job, buy a home, or assist in other ways.

Yo-Yo Ma was born in Paris to Chinese parents and had a musical upbringing. His mother, Marina Lu, was a singer, and his father, Hiao-Tsiun Ma, was a professor of music. His family moved to New York when he was four years old.

At a very young age, Ma began study-

ing violin, and later viola, before finding his true calling by taking up the cello in 1960 at age four. The child prodigy began performing before audiences at age five, and performed for President John F. Kennedy when he was seven. At age eight, he appeared on American television with his sister, Yeou-Cheng Ma, in a concert conducted by Leonard Bernstein. Ma studied at the Juilliard School of Music with Leonard Rose and briefly attended Columbia University before ultimately enrolling at Harvard University.

Ma steadily gained fame and had performed with most of the world's major orchestras. Ma received his bachelor's degree from Harvard in 1976. In 1991, he received an honorary doctorate from Harvard.

Ma currently plays with his own Silk Road Ensemble, which has the goal of bringing together musicians from diverse countries all of which are historically linked via the Silk Road. In 1997 he was featured on John Williams' soundtrack to the Hollywood film, *Seven Years in Tibet*. In 2000, he was heard on the soundtrack of *Crouching Tiger, Hidden Dragon*. He has over 75 albums, 15 of which are Grammy Award winners.

Photo courtesy of Boston Mayor's Office.

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PUBLIC INFORMATION WORKSHOP will be on Tuesday, November 17th at 7 p.m. in the Needham Public Library Community Room.

Completed applications and required income documentation must be received, not postmarked, by December 8, 2009.

The Lottery will be held Tuesday, December 15th in the same location.

For lottery information and applications go to www.s-e-b.com/lottery or call 617.782.6900 and leave a message. Applications and information also available at Needham Public Library and the Town Managers Office in Needham Town Hall.

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Quincy News

Quincy mayoral candidates speak face-to-face to Asian American voters



Quincy mayoral candidates Tom Koch and William Phelan argued attended the bilingual forum on October 19. (Photo by Kaili Xu)

By Kaili Xu

With two weeks to go before the election, Quincy mayoral candidates Tom Koch and William Phelan debated a wide range of issues important to the Asian community at a bilingual forum Monday night.

About a hundred people attended the event,

which was organized by Quincy Asian Resources, co-sponsored by the local newspaper Patriot Ledger and the Episcopal Boston Chinese Ministry. All of Koch and Phelan's responses, including their opening and closing remarks as well as all their answers, were translated into



Most of the audience at the bilingual forum were Cantonese-speaking Asian voters. (Photo by Kaili Xu)

Cantonese by two non-partisan interpreters. The English-Cantonese bilingual forum attracted numerous Asian voters who filled the seats of North Quincy High School's auditorium. They were curious to hear what the candidates' stances were on issues that pertain to the Asian community in this South Shore city.

The two candidates, incumbent Mayor Koch and former Mayor Phelan, both started their opening remarks with greetings in Cantonese, as most of those in the audience were

Cantonese-speaking Asian voters. The candidates' friendly greetings won a round of applause from the audience.

Both of the candidates agreed that the Asian community is a valuable asset which brings diversity and dynamics to the city of Quincy.

"We are a great city because of the great diversity we have here in Quincy," said Koch. "If you go back to the early part of the 1900s, one-third of our population was immigrants. It is no different today. About one-third of

our population is immigrants."

"Everybody, immigrant or long-time resident, is interested in the same thing, quality school, safe streets and clean city," Koch said.

Koch said as a lifelong resident of Newbury Avenue in North Quincy, he has come to know many wonderful Asian-American neighbors and worked together with many Asian American business owners.

As a grandson of a German immigrant who opened a store on Hancock Street himself, Koch said all the immigrants share "the same American dream." They look for a better life, quality education and a safe place to live.

He also said his administration's efforts to reach out to the Asian community include the creation of the first Mayor's Asian American Advisory Committee in Quincy history. This volunteer group has worked as a communication bridge between the city hall and the Asian community. The purpose of this group is to help Asian residents express their

needs and offer them services, such as educational programs, awareness campaigns, and volunteer referral services.

Phelan said the Asian community has made great strides. The community continues to grow in importance and integrate more readily into the city of Quincy.

"Our senior and other public housing is integrated with the Asian residents," Phelan said. "Our schools and after-school activities are full of the members of the Asian community."

Phelan also told the audience that under my administration, two new neighborhood centers opened to provide services to the Asian community, and his administration was the first in city history to call for a language-specific Civil Service list to hire more Asian police officers.

Both Koch and Phelan gave a positive answer to the question at the forum about setting up a phone line for residents who do not speak English to access resources available at the city hall.

CONTINUED PAGE 7

Health

Catching it early: cancer screening in women

By Katy Bockstall

With cancer as the number two leading cause of death in women in the United States, screening for cancer becomes a responsibility both to ourselves and to our loved ones. Luckily, in many cases, catching cancer early can lead to reduced mortality and morbidity associated with the disease. In an effort to catch abnormal growths before they develop into tumors or to catch tumors before they become unmanageable, different screening methods are recommended for specific types of cancer. It should be noted, screening aims at finding the cancer before any symptoms have arisen.

While many types of screening can only be performed by a doctor, skin cancer poses the unique advantage of accessible viewing of the tumor. The best way to find skin cancer early is to become very familiar with your skin and to specifically take note of any changes. Moles in particular should be paid close attention. Using the ABCDE rule can help to pinpoint the signs of skin cancer. A is for asymmetry, when a mole divided in half looks different on either side. B is for border, when a mole has edges which are blurry or jagged. C is for color, when moles change color, darken, spread their color, or lose color. Also, the appear-

ance of multiple colors should be noted, such as blue, red, white, pink, purple, or gray. D is for diameter, when moles are larger than ¼ inch in diameter, or about the size of a pencil eraser. E is for elevation, when a mole is raised above the skin with an uneven surface. If you notice any of these signs, you should talk to your doctor right away.

Breast cancer has also commonly been associated with self-screening in the past. However, breast self-examinations, though helpful in encouraging women to quickly report any unusual changes in their breasts to their doctor, also have considerable pitfalls. Studies have shown breast self-exams to be ineffective in reducing breast cancer mortality, and rather often result in increased breast biopsies due to false-positives. Most national groups no longer recommend self-exams due to the increased anxiety and additional costs and morbidity.

All groups, however, recommend screening mammography for women ages 40 and older. Screening mammography reduces breast cancer mortality by about 20-35% in women ages 50 to 69, and slightly less in women ages 40 to 49.

Women older than 70 are still advised to undergo screening, though life expectancy and health status should be considered in decisions regarding continued screening. MRI and ultrasound are being studied for screening women at higher risk, however are not recommended for screening for the general population. High risk patients include those with a history of breast cancer in the family, or those known to have BRCA1 or BRCA2 mutations. Generally, physicians should perform a clinical breast exam—checking for lumps—once every 3 years until the age of 40. After 40, women should have a mammogram every 1 to 2 years. High risk patients for breast cancer over the age of 40 may consider having mammograms more often or exploring MRI. MRI can identify cancer that was not seen in mammography in 4% of high risk individuals.

Colon cancer often presents without any warning signs or symptoms, and must be screened for in adults. Colon cancer arises equally in men and women, generally after the age of 50 years. Screening for colon cancer is crucial due to the silent and progressive nature of the disease. The majority of colon cancers begin as a polyp, an abnormal

growth on the wall of the colon, which may be detected and removed before it becomes a malignant tumor. Every adult over the age of 50 is at risk for colon cancer, with high risk individuals having family history or personal history of colon polyps, Crohn's Disease or ulcerative colitis. Adults at average risk should have a screening colonoscopy beginning at age 50 and every 10 years afterward. High risk individuals should have colonoscopies more frequently. A colonoscopy allows the doctor to examine the lining of the rectum and entire colon using a thin, flexible, lighted tube inserted into the rectum and colon.

Your doctor may give you a Fecal Occult Blood Test, Flexible Sigmoidoscopy or Double Contrast Barium Enema to screen instead of or in addition to a colonoscopy. Colorectal cancer is the second leading cancer killer in the United States, after lung cancer, and screening is crucial in saving lives. While screening should be done in all asymptomatic patients over the age of 50, talk to your doctor immediately if you experience blood in your stool, unexplained and frequent pain or cramps in the stomach, change in bowel habits, or unexplained weight loss, as these may indicate the presence of colon cancer.

While lung cancer is the number one cause of cancer related death in the United States, the effectiveness of current screening methods is still being investigated. It is currently undetermined whether screening with CT, chest radiograph or sputum cytology is more effective at reducing mortality than no screening at all. Prevention via smoking cessation currently is thought to be inherently more effective than screening in reducing cancer deaths. Lung cancer occurs largely among smokers, increasing in incidence after the age of 40, and affects both men and women.

Screening for lung cancer with chest x-ray has not been found to improve mortality rates and actually is associated with increased mortality from lung cancer due to radiation exposure. Low-dose spiral CT screening is more effective than chest x-ray at detecting early-stage cancers but also has not yet been shown to reduce mortality rates and exposes the patient to a huge amount of radiation.

Overall, the risk of exposure to x-ray and CT, coupled with the possibility of either false-positive or false-negative results, currently leaves testing for lung cancer without symptoms unsubstantiated. However, lung cancer is a

stage-related disease, and catching it early improves a patient's prognosis.

The effectiveness of screening methods for lung cancer continues to be investigated, but currently the best advice is to quit smoking to lower your risk.

Finally, women should be screened consistently for cervical cancer, as those who have annual Pap smears reduce their risk of dying of cervical cancer by 95%. Pap smear, or cervical cytology, is the best screening test for cervical cancer. Currently, HPV DNA screening is being used in addition to cervical cytology in women 30 years and older to increase diagnostic accuracy.

Women should begin screening with Pap smears within 3 years after becoming sexually active, and no later than the age of 21. Women should receive a Pap smear once every year until the age of 30, and subsequently may decrease to once every 2 years after having three consecutive normal smears. HIV positive or otherwise immunocompromised patients should continue receiving screening at least once every year.

Article funded through the Asian Health Initiative of Tufts Medical Center

FROM PAGE 6 QUINCY

"Yes, I think it's something we can explore," Koch said. "I believe the city hall should be accessible to everyone"

In his campaign brochure that is circulating in Quincy, Phelan has proposed an enactment of a 311 message system, which will enable residents to request the city's services over the phone.

Phelan also emphasized that while he was mayor, FBI crime statistics revealed that Quincy was the second safest city in the state of Massachusetts, only after Newton who tops the nation's list.

"Since I left office, the same community police department, many of whom you knew very well, have been literally cut in half," he said.

Former Mayor William Phelan, and challenger to incumbent Mayor Tom Koch – first clashed in 2007 – argued about their financial senses most during the bilingual forum.

"I'm running for mayor because the fact is Mayor Koch has mismanaged our city's finances," Phelan said.

Phelan said Koch has become the mayor in Quincy's history who has raised the most tax during only one year in office. Facing the financial situations in the city hall, Koch spent taxpayers' dollars to buy a \$18,000 rug for his office.

In response, Koch said Phelan left a financial mess with a debt of \$12 million when he left office in January 2008. Koch was forced to account for the unpaid bills left on the desk, but he has prevented major cuts to services unlike many other cities and towns.

The two candidates also emphasized their deep roots in Quincy. They both graduated from North Quincy High School, where the bilingual forum was held.

Filipino immigrant Rey Viola, a resident of West Quincy who has lived in the city since 1983, said Quincy's resources should be equally accessible to all the city's residents. Viola also hopes the city will offer more services to its senior citizens.

The turnout of Asian voters has been increasing in Quincy. Residents of Asian backgrounds make up approximately 20 percent of the city's population. According to the city clerk's office, about 10.7 percent of the city's registered voters are Asian.

Kaili Xu is a Sampan correspondent.

FEATURE

By Cliff Wong

"Good morning? How may I help you?" Welcome to the Wang YMCA, a flagship branch of the Greater Boston YMCA Organization. The facilities are impressive - with a complete fitness center, pool, aerobics/dance studio, drop-in center, day-care facility, and much more. A huge gymnasium fills the needs of the membership and can serve as a function area for over 1000 people. The Annual Wang Y Christmas Party is a testament to this. The gym once served as home court for an area college. It's also the physical education facility for a nearby high school. This is the YMCA, of the present as well as the future, of Boston's Chinatown. However, the branch also evokes the memories of a rich and genuine past in Boston's Chinatown history.

As someone who has been blessed with a shared history with the Wang YMCA, each time entering the Oak Street Branch feels surreal. This cannot be real! The Wang YMCA doesn't resemble the branch that I loved and cherished. Like all things, times change and so too do landscapes. Although the facilities at the Wang Y are greatly improved, the staff significantly increased, and services far more sophisticated than that of its predecessor, I can't help but reminisce about the "old place" called the Tyler Street YMCA. With great sentiment, I reminisce about the people even more so than the place.

Certainly, there's been other literature written about the branch regardless of its name: the Wang Y, Tyler Street Y, Chinese Y, or South Cove Y. I thought it fitting to provide its history through the eyes of one who came of age there and witnessed its many changes over the years. Like other great institutions, the Wang Y has undergone a series of "triumphs" and "defeats" before reaching its current status.

I actually wrote this article twice. The original was a formal and structured documentary with scores of names, dates, and titles. The project became so detailed, bogged-down, and cumbersome that I did what any red-blooded Asian American writer would do - I threw it out! I acknowledge that there are many community leaders, concerned individuals, and board members who played a major part in the Y's historic development. The Wang Y owes them a debt of gratitude. Without their contributions and sacrifice, the Wang YMCA would not exist today. Despite procuring a lengthy list of names for the original story, it just couldn't

From Tyler to Oak

include everyone involved and I was hesitant to exclude anyone. Therefore, I'm telling this story the best way I can, without mentioning everyone. That information can be found elsewhere.

With little recorded history about the Tyler Street Y before the mid-fifties, one had to rely on piecemeal tales of old timers in Chinatown. About 1914, there were few places for Chinese immigrants to go. It is said that leaders of the community requested that the YMCA organization establish a center for the Chinese in Boston. Members - who were exclusively Chinese and almost exclusively male (must have been boring!) - met and socialized at the original Y branch at 56 Tyler Street.

During the mid-fifties, David Toon accepted the role of manager of the Tyler Street YMCA. A gentle individual, Mr. Toon did his best to make the branch a viable recreation center with limited support and scarce financial assistance. Services were limited. The facilities were a small storefront facility, upstairs rental apartments, a drop-in center, and a game room. Behind the building was a back lot that functioned as a parking area and a basketball court. The people of the community didn't consciously ignore the needs of the Y, they were merely preoccupied with mundane things like making a living and raising children. What they failed to understand was that the Y actually helped them to raise their children.

Not a lot was written about activities during this era. To those who frequented the Y, there were creative year-round activities. Summers were predominantly devoted to basketball games, scrimmages that were fiercely competitive and somewhat organized. Yet, there was little or no supervision by adults. Older kids would pick teams and the competition ensued. Despite the surprising absence of coaches, parents, uniforms, scoreboards, and any other facsimile of an organized program, the makeshift basketball program succeeded. To the kids, this was the "Henry Chin" era. Henry Chin was a young caretaker who took quasi-role of program director. He inadvertently brought much more to the table. During this time, kids engaged in diverse indoor activities such as table tennis, bridge, and chess and made the center a year-round place to go. In winter months, youths even shoveled snow to clear the basketball court. It wasn't the greatest idea, but it worked for us. A woman who volunteered to provide children's programs

added a dimension to the place. She worked twice a week. There was singing, story book readings, and day trips. As a child, I was a product of this program. I recall the woman screaming at me to hold hands on a field trip. For some reason, I was always next to a girl and didn't like girls in those days. Man did I change!

Ironically, the Tyler Street YMCA was so impoverished that Henry Chin was forced to resign and find another job that paid his bills. After his unfortunate departure, Henry returned once-a-week to run the Y's Ping Pong Club. The ping pong tradition continues to this day at the Wang YMCA. Many thanks to Henry and other loyal participants for the ping pong program's continuing success. It's widely known that the city's best ping pong players were from the Tyler Street YMCA. The needs and concerns of the branch - however - were still unknown to those beyond the neighborhood.

The next era, the "MacAfee Era," began in the early sixties. Bill MacAfee had just graduated from Northeastern University with no experience in running a YMCA branch and less experience understanding Chinatown. In a short time however, he learned to appreciate the community, and more importantly, the community embraced him. The Tyler Street Y was not a favorite of Greater Boston YMCA at the time. Plans were in place to terminate the branch. Ironically, Bill MacAfee had the unenviable task of executing this plan. Neither Bill MacAfee nor his operations manager at the Greater Boston Y could come to grips with the termination. Together with community leaders

from Chinatown, they campaigned to keep the Tyler Street YMCA open. Using a register to document membership usage and inviting officials from the United Way to Chinatown, they convinced the United Way to resume funding. (It must have been the Chinese food!) This helped to avert the closing. For Bill MacAfee and his operations manager, ignoring directives from above was a risk they took for what they believed in. Not surprisingly, this was only the first of other threats to the branch's

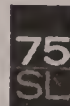
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Chinatown News

FROM PAGE 7 TYLER

existence. The YMCA of Chinatown is indebted to several courageous groups for their timely intervention in saving the Y.

While Bill MacAfee was in charge, new and creative programs were introduced to the branch. There was the origin of a summer camp program, a year-end carnival, snack shop, and a twenty-five foot swimming pool. True to the spirit of the YMCA, these programs involved neighborhood people and were run by volunteers. As always, there was basketball. This time – however – there were coaches and referees. Some programs even brought in revenue. These subsidies did little to balance the budget. The true success of the aforementioned programs was use of volunteers.

One year, Bill invited the neighboring garments workers to use the gym. The workers, all African-American, participated during lunch hours. Initially, a few individuals opposed the program. In time, it was accepted as a part of the Tyler Street Y. The garment workers had a unique style of play, one pass, a few dribbles, and hoist the ball. One could hear voices screeching, “Gimme the ball, man!” But ten players raced back and forth while still no one passed. It was entertaining to watch, but not for potential coaches. As insulated as Chinatown was at the time, the branch was ahead of its time to show willingness for change.

Behind the scene, the Tyler Street Y experienced flaws and misfortune. There never seemed to be enough revenue. (What else is new?) Despite income from creative programs, rental income, membership, and donations, it was never sufficient. The Y was growing and the income was not keeping up with its growth. In addition, there were other problems. The portable swimming pool, great fun for two and a half months, required 14 tons of sand for the foundation. It also required enormous man power. (Wonder where sand went each year?) As for the Annual Carnival – a big money maker each year – so much could go wrong. There was the weather factor, insufficient help, small crowds, and on one occasion, pilferage of funds. In spite of this, the Y Carnival continued to provide fun for many young people in the area.

Despite innovative programs and good intentions, YMCA branches were businesses that prioritized the bottom line. MacAfee realized the limitations of the facility and had a vision about its expansion. He researched

different options and gave consideration to the idea of a temporary inflatable structure. Unfortunately, there weren’t sufficient resource or political clout to fulfill this dream. He shared his plan with his young associate, Bill Bray, who ensured that the dream came to fruition.

In 1968, Bill MacAfee moved on to accept a position as executive director of the YMCA Branch at Saratoga Springs, NY. This was the first of many other assignments for Mr. MacAfee, whose entire career was dedicated to the YMCA. He departed with mixed feelings, feelings of joy and some of frustration. He also left with great memories of his eight years in Boston’s Chinatown. He passed the baton to his protégée and that began the “Bill Bray” era at the Tyler Street YMCA.

Like Bill MacAfee before him, Bill Bray started his leadership role straight out of college. Bray had previously worked at the branch as a work-study student. The same operations manager who earlier helped MacAfee also brought us Bill Bray. Before his work study stint, a prerequisite question for Bray was, “What do you think about Chinese people?” The question went right over Bray’s head! Bray’s first impression of the Y was somewhat forgettable. The entrance at the Tyler Street Y was so impressive that Bray actually passed it 3 to 4 times before realizing it was a YMCA. Welcome to the Tyler Street Branch.

When Bill Bray took the helm, his board chairman enlisted his entire family. His sisters volunteered at the Annual Christmas Party. They continue their dedication to this day. The chairman’s brother-in-law began as a coach, program person, and eventually a future board chairman himself. The brother-in-law is the current Chairman. One might say that they kept it in the family. Bill Bray was a business major and was savvy about corporate structures and use of local politics. He immediately established a strong board and a strong program committee. He sought the services of Cliff Wong, (that’s right, the author of this article) as the branch’s program director. At the time it was uncommon to hire a product of the community for a full-time position. The new team helped to take the branch to next level.

TO BE CONTINUED

Cliff Wong is a former board member of the Wang YMCA in Chinatown.

Library finally opens in Chinatown, for a season



The Chinatown Storefront Library is located at 640 Washington Street. (Photo by Samuel Tsoi)

By Samuel Tsoi

On Washington Street, passers-by on the busy sidewalk by the Chinatown T-Station were curious to see a lion dance celebrating the opening of the Chinatown Storefront Library.

The reopening of library services in Chinatown on Wednesday, October 14th was a long overdue moment. The neighborhood has demanded a library since the closing of the Tyler Street branch in 1956 to make way for infrastructure development.

The library, however, only has a three-month lifespan. “We hope [the temporary library] will demonstrate the serious need for a community and cultural space,” Lisette Le of the Chinese Progressive Association said.

For six days a week, visitors can browse through donated books in Chinese and English. Users can also surf the internet on computer kiosks and read Chinese newspapers and periodicals.

Educational and community events have already been scheduled in the temporary library’s art, children and meeting areas. Community announcements and information on Chinatown’s development also fill the walls, along with documentation of the innovative project’s journey.

“The Storefront Library is an experiment to bring library services to a deserving neighborhood,” said Leslie Devol, co-founder of the Boston Street Lab. Devol, her husband and two young children, reside in Chinatown.

“This is also an experiment of activating vacant space, and realizing possibilities for Downtown Boston,” Devol said. “A library is not just a place to borrow books, but also a cultural center,” said Suzanne Lee, principal of the Josiah Quincy School.



The lion dance troupe’s vibrant performance heats up the ceremony. (Photo by Samuel Tsoi)



Mayor Menino congratulated the Chinatown community on the opening of the library. (Photo by Kaili Xu)



Chinatown, one of the few neighborhoods without Boston Public Library services, saw the closing of the Tyler Street Branch for highway development in the 1950s.



Residents browsed through the books at the grand opening of the Chinatown Storefront Library. (Photo by Samuel Tsoi)

Residents and activists, both young and old, have long advocated for the restoration of this important community asset. This group of advocates formed Friends of the Chinatown Library, and spent many years lobbying the city to re-open a library in Chinatown.

In a relatively short amount of time, the Boston Street Lab brought together designers, planners, businesses and civic groups to launch a temporary library.

The storefront was donated by Archstone, the real estate firm which developed the namesake luxury condominium. The project was advised by Simmons College and Boston Public Library, and was also part of a feasibility study commissioned by the city.

“We hope the design of this temporary library will usher in a permanent one for Chinatown,” said Marrikka Trotter, the lead coordinator of the Harvard design team who crafted and installed the sculptural, inventive and portable furniture.

Virtually the entire Boston city council, candidates and the mayor were present at the opening. Many of Chinatown’s civic leaders, the state legislature, Boston Redevelopment Authority and the governor’s office also came to mark this proud moment.

“We need all of you to continue supporting library services in Chinatown,” said Suzanne Lee, principal of the Josiah Quincy School. The Storefront Library has not only filled a vacant space, but a missing chapter in Chinatown’s story – and many hope to see it remain.

For hours, events and information, visit www.storefrontlibrary.org

Samuel Tsoi is a Sampan correspondent.

華埠新聞

唐人街店面圖書館隆重開業



唐人街店面圖書館位於華盛頓街640號。(蔡禮恩攝)



波士頓市長萬寧路出席唐人街店面圖書館開幕儀式。(徐凱俐攝)

【本報記者徐凱俐昆士市報導】唐人街店面圖書館10月14日週三下午召開了隆重又簡單的開幕儀式。波士頓市長萬寧路、州長辦公室代表Geoffrey Why、麻省參議員Sonia Chang-Diaz、麻省眾議員麥家威(Aaron Michlewitz)、波士頓不分區市議員市長候選人米高法拉提和他的競選夥伴不分區市議員尹常賢(Sam Yoon)等都蒞臨開幕式，與華埠民眾同慶圖書館的開業。

自1956年以來，華埠一直沒有屬於自己的圖書館，昆士小學校長李素影說成立一個圖書館「是我們的夢想。」她表示，長久以來華埠居民都對圖書館迫切需求，如今的唐人街店面圖書館可以成為整個社區的文化中心，大家可以在此交談、分享意見、開展

文娛活動。只要越多人前來使用這個臨時圖書館，就越能證明華埠的需要，使現在的臨時圖書館變成永久性的華埠一部分。

李素影說：「這裡將不只是一個閱讀書籍之地，這裡也是年輕人、年長者、家庭、退休者社交的場所，他們可以在這裡分享生活、談天說地。」

學生家長阮仲瓊表示唐人街店面圖書館是一佳處，它為家長提供了一個聚首的地方，互相了解，並給孩童提供課後活動。

華裔學生Vivian Tang表示，其它社區都有自己的圖書館，唯獨華埠以前沒有，現在唐人街店面圖書館的啟用彌補了這一空檔。她說，以後有時間一定會常來看看。

唐人街店面圖書館於10月15日正式

投入服務，其營業時間為周二至週四上午十一時至下午六時，星期五和星期六上午十點至下午五點，預計將對公眾開放至12月。作為一個臨時圖書館，唐人街店面圖書館使用Archstone Boston Common捐贈的臨街空置店面，它位於華盛頓街640號，必珠街和益石街之間，交通局的隔壁。圖書館內設有繪畫室、兒童閱讀區和電影放映區等，並且提供許多免費讀物，包括中英兒童讀物、中英成年人書刊、報紙、雜誌等。訪客也可以在圖書館內使用電腦，瀏覽網頁。每星期圖書館還特設向兒童講故事時間、學習大自然計劃、作家研討會以及其它特別項目。

據悉，向兒童講故事時間已定在每週二上午十一點、週四下午六點半和



1950年的市區建設導致位於泰勒街的舊唐人街圖書館關閉。

周六上午十點。唐人街店面圖書館裡也張貼了華埠各大重要組織的活動安排和其他相關資料，為華埠居民獲取可利用資源提供便利。

我們新增了一條支線至 -南站-

為了使去南站更簡便，我們於華盛頓大街銀線上新增了一條支線。銀線四(SL4)現在連接了達德利站(Dudley Station)和南站(South Station)。



現有的穿梭於達德利(Dudley Station)及下城交界(Downtown Crossing)的線路現在改稱為銀線五(SL5)。

在南站(South Station)對面，位於大西洋大道和艾塞克斯街，我們新增了有暖氣及照明設施的小站，您可於該處搭乘銀線四(SL4)。

如需更多資訊，請上網站
mbta.com或撥打 617-222-3200



銀線四達德利至南站發車頻率	
尖峰時段 每十分鐘一班	非尖峰時段 十五至二十分鐘一班



Massachusetts Bay Transportation Authority
Driven by Customer Service

移民資訊

(接第六版 - K簽證)

要獲得 K3簽證，美國公民的配偶必須符合以下條件：

- 1· 配偶必須是合法居留身分，即綠卡的受益人
- 2· 配偶必須身處美國之外；

- 3· I-129F申請表格之申請人必須是具有美國公民身分的配偶。

K-4簽證是專門為那些父母有資格獲得K-3的子女設立的壹種非移民性簽證。要想得到K-4簽證，子女的美國父（母）親或繼父（母）親必須為其外國母（父）親申請K-3簽證。K-4簽證的持有者必須單身及未成年滿21歲。K-3和K-4簽證的有效期為兩年，可以延期。

如同訂婚和結婚證書，申請K-1,K-2,K3及K-4簽證將可產生好的或壞的結果。意想不到的情況常常會在申請人最後進入領事館的時候發生，所以在申請前向移民律師進行諮詢顯得至關重要。（王巍 譯）

婚姻簽證法
正確填報婚姻狀態
調整表格的
十點提示

建議你在申請在婚姻基礎上成為永久居民之前，先諮詢合格的移民律師。在將表格提交給國土安全部之前，請遵循下列10個簡單的技術秘訣：

- 1。使用移民局網站（www.uscis.gov）提供的最新版本表格；
- 2。按照表格上的指示，先看看你是否符合資格要求（例如，如果你是非法進入美國的，你沒有資格以I-485表格提出申請和繼續這一進程）；
- 3。如果表上的問題不適合你，請務必寫上“NONE”或“N/A”，不要在表上遺留空格，否則可能會造成延誤；
- 4。打印信息。如果做不到，則要用黑色墨水筆以印刷體書寫清楚。只打印表格，相信我們！
- 5。不要忘了交申請費。支票或匯票要寫明支付給美國國土安全部。請不要郵寄現金。一個完整的調整費用是\$1365。本費包括工作許可和旅行授權；
- 6。確保在適當位置有申請人或受益人的簽名和日期，如果你忘記，移民局會退回整個案件；
- 7。不要忘了證明文件（結婚證，離婚和出生證明書的清晰的復印件是必需的）；
- 8。發送正確的郵件地址-通過美國郵政，聯邦快遞，郵件等郵件或隔夜包認證回執，發送到：

由美國郵政（USPS）發送：
USCIS
P.O. Box 805887
Chicago, IL 60680-4120

由私人信使（非USPS）發送：
USCIS
Attn: FBAS1
131 South Dearborn - 3rd Floor
Chicago, IL 60603-5517.

如果地址錯誤，申請可能被駁回。

9。你所發送的文件都應留下復印件，不要寄原件到移民局，你永遠不會再看到發出的文件，而在面試時還需要原件。

10。開始收集必要的文件，以證明你和丈夫（妻子）在一起生活，幾個月後將進行面試。（陳公權譯）

有婚姻問題的條件
永久居民的
更多選擇

美國移民局最近發布一份備忘錄，為提交I-751表申請取消居留條件者提供了更多選擇。條件永久居民是指近期與美國公民結婚而獲得永久居留權（綠卡）的居民。程序的變化涉及離婚過程中的I-751申請問題。這種變化解決了一些長期存在的問題，並為有婚姻問題的條件永久居民提供更多的選擇。

條件居留的背景

美國公民和外籍配偶結婚不到兩年，其配偶可被授予永久居留地位，但這是“有條件的”。這條件就是居留地位的有效期是兩年，兩年內必須提出I-751申請。如果I-751被批准，該配偶就成為永久居民，不再有任何條件。有條件的居留地位是一種必要的反欺騙措施，它要證明婚姻是真實的。I-751表格的申請可以聯合提出，由丈夫和妻子雙方簽署。或者，如果婚姻開始時是真實的，但後來被終止了，也可以提出豁免（聯合簽署）的請求。另外，出現虐待或者外籍配偶的離去會造成極大的困難等情況也都可提出豁免申請。

提交I-751申請表的先決條件

多年來，為了申請I-751，必須夫妻雙方共同簽署或者滿足豁免條件才能提交。這往往對存在婚姻問題的人造成嚴重的困難。如果美國公民一方不願簽署I-751，婚姻仍然是合法的，往往沒有辦法提出I-751申請。而提出豁免聯合簽署請求，必須有一個基礎，即終止婚姻（離婚），虐待，或極端困難。這一政策是在2003年的備忘錄裏明確了的。

這裏有一個普遍的問題，因為I-751必須在條件居住到期之前的兩年內提出申請。一般來說，可以提前90天提出。如果這時婚姻遇到問題，離婚之前往往必須先分開一段時間。（各州法律規定離婚之前分開的時間不同，一般從6個月至兩年。）夫妻在分開幾個月後看看是否能夠重新和好，或者最後決定離婚。許多人發現在應當提交I-751申請時無法提出，除非夫婦仍然友好，美國公民一方同意簽署，否則另一方無法單獨申請，而這時有條件的居留地位卻將要被終止。

新程序的靈活性

放棄在申請之前必須離婚的要求：

最近由代理副主任紐費爾德（Donald Neufeld,）發布並註明日期為2009年4月3日（2009年7月公布）的備忘錄中，為那些結婚時真實，但後來分居或離婚的人解決了問題。這份備忘錄指示審查這些案件的移民局官員要求提供證據，假如條件居民申請時還在合法婚姻狀態，但在申請豁免（聯合簽署）時遇到了困難。他們可以在87天內提供終止婚姻的證明。

如果條件居民能在規定的時間內提供離婚判決書等證據文件，則可將案件核准。這是一個有關移民規定的重大

變化。原來在提交申請時就必須已經離婚，但這需要時間，新規定使他有足夠的時間來完成離婚手續。

婚姻陷入困境時的聯合提交：

另一個變化是夫妻在合法分居或離婚的過程中共同申請I-751文件。移民局將仔細審查這些案件，看是否有跡象表明該婚姻在一開始就不是真的。移民局將要求在87天的時間內提供一份文件以證明婚姻終止，並要求有聯名簽署視為豁免的聯合申請。如果婚姻已經結束，將允許外籍配偶獲得豁免，而不必重新申請I-751。而在此之前，是要求重新申請的。

如果無法確定該婚姻已經終止，移民局將裁定它作為一個聯合申請。其結果將取決於結婚是否真實的證據。這時案件可能送交移民局的一個地區辦事處進行面試，以確定在雙方訂立婚約時是否是真的。

結論：

I-751程序的變化是一個很大的改進。經常發生這種情況，即婚姻在開始時是真實的，但最終沒有繼續。在婚姻發生困難時,新的程序避免了在I-751申請的最後期限之前必須已經離婚的要求。它還可以減輕一些壓力，使人們在決定是和解還是離婚時有相對充分的時間。我們莫爾蒂律師事務所(Murthy Law Firm)贊賞對I-751文件所作的澄清和提供額外的選項，它將對與美國公民或合法永久居民結婚的外國人在發現自己的婚姻困境時有所幫助。（陳公權譯）

U簽證

問：我是一個家庭暴力的受害者，有朋友告訴我美國有U簽證。這是什麼簽證，我有資格申請嗎？

答：U簽證是美國的一種臨時簽證，提供給遭受身體或精神虐待罪行的非美國公民。這種罪行包括強奸，性攻擊，酷刑，販賣人口，綁架，非法拘禁，強制勞役（奴隸），玩弄，誘拐，家庭暴力，亂倫，切割女性生殖器官，或被扣為人質等等。

U簽證的申請人不一定與美國公民或永久居民結婚。此外，政府並不要求申請人與犯罪人的關係。因此，強奸受害者也有資格得到U簽證。

獲取 U 簽證的主要要求是申請人必須願意對執法調查或有關的檢控提供幫助。因此，不願意向警方提供犯罪人罪行的人可能無法得到 U 的簽證。（陳公權譯）

美國移民排期

美國國務院DOS每個月都會公布下一個月的移民排期(Visa Bulletin)。移民排期分為兩個部分：親屬移民和職業移民。

美國職業移民大部分申請人都需要等待排期，排期長短取決於申請人優先先級別，並且是不斷變化的。職業移民排期的變化不是線性的，有的時候大幅前進，有的時候止步不前，有的時候甚至出現倒退，這些進度的快慢取決於什麼，它們是怎樣決定的呢？

對於中國大陸出生的申請人，

目前職業移民第一優先不需要排期；第二優先(碩士以上學位或學士學位加5年經驗)排期約為4年；第三優先排期約為6年半。對優世界大部分其他地區的申請人：目前職業移民第一、二優先都不需要排期；第三優先排期約為4年。移民排期是從申請人優先日期開始計算的。

對優勞工卡申請人來說，優先日期就是遞交勞工卡申請的日期。

傑出人才和國家利益豁免的申請人，優先日期就是遞交I-140的時間。申請人的優先日期會出現在I-140批准書上。移民排期末到，申請人的I-485申請就不會得到批准，不能夠立即獲得綠卡。

此外，移民排期和移民局審批時間是不同的。

移民局審批時間指移民局各個移民中心審理一個案件所要用的時間，通常4大移民中心——得克薩斯處理中心(TSC)、佛蒙特處理中心(VSC)、內布拉斯加處理中心(NSC)以及加州處理中心(CSC)，會定時公布審批時間。

而移民排期是由美國國務院負責統一發放，移民局無權決定移民排期。

美國國務院每個月根據移民名額的使用情況，公布移民排期，也就是大家每個月都看到的移民排期時間表。

國務院曾經在不同的場合多次表示，國務院不希望浪費本年度的任何一個移民名額。同時，國務院也希望移民排期的進展平和有序，盡量避免移民排期的前后大幅移動。所以國務院在發放每個月的移民名額的時候，採取一個比較積極并適當的幅度。而這一幅度的掌握很大程度上取決于移民局和領事館對於目前移民申請的正確估計。

目前出現的職業移民第二、優先先排期時間長的現象，一個非常顯著的因素就是2008年開始美國移民局和FBI加快了背景調查的步驟。

這使得等待背景調查超過6個月的申請人從30萬減少到3萬。之前由於背景調查而遭擱置的許多申請得到了移民局的審批，這一批排期時間較早的申請使用了大量的移民名額，因此移民排期的進展受到非常大的影響。

為了更準確地制定移民排期政策，2007年5月之後國務院和移民局採用了一套新的審批程序。

該程序允許移民局在沒有移民名額的情況下，完成包括FBI背景調查在內的所有審批步驟。通過審批的申請會直接在國務院的數據庫中注冊。

這樣一來，國務院在每個月移民排期的計劃中，就會直接知道數據庫中有多少申請滿足獲得綠卡條件的申請案件

移民問答

H - 1B簽證

問：我擁有自己的公司並希望贊助我的一名員工獲得臨時簽證。我認為這位員工有資格獲得H - 1B簽證，但我聽說H - 1B的申請費用非常昂貴，而政府限制每年H - 1B簽證發放的數量。除了H - 1B簽證以外我有其它的選擇嗎？

答：H - 1B簽證是由公司贊助員工工作期最初三年的簽證。簽證是保留給專業人員，移民條例中定義為擁有學士或更高的學位。政府限制每年H - 1B簽證發放的數量，雖然今年尚未達到限額的上限。你是正確的，H - 1B簽證可能會很昂貴，通常政府註冊費用就會花掉公司超過2,000美元。在一些但不是全部的案例中，公司及其雇員可以選擇一些替代H - 1B的簽證。

一種選擇是考慮L簽證，如果該公司有在美國的辦事處和至少一個外國辦事處。 L簽證可用于行政人員，管理人員，以及擁有公司專業知識的人。獲得L簽證的資格是該公司必須已經存在了至少3年，該公司的美國辦事處必須已經開放了至少一年。此外，申請簽證的員工必須在申請前已經為公司工作了

F - 1和J - 1 簽證的差別

問：什麼是F - 1和J - 1簽證之間的區別？每個簽證有哪些優點和缺點？

答：謝謝你的問題。讓我們先分開看看F - 1和J - 1簽證。

在F - 1簽證是傳統的“學生簽證”。這是給那些進入美國的唯一目的是在高中，學院,大學或其他類型的二級學院學習的學生。學生不必在拿學位的過程中。事實上，許多拿F-1簽證的非美國公民就讀于不授予學位的英語課程學校。

J - 1簽證是簽發給交流訪問學者的簽證。它適用於學院或大學的學生，教授，研究人員和學者，互惠學者，露營輔導員，高中學生，暑期工，教師和學員和其他 人員。雖然簽證的名字似乎暗示，它需要國家間的學生交換訪問，但實際上拿到簽證並遣送人員到美國的實體不必派遣美國學生到該國。

F - 1和J - 1簽證之間的主要區別是，J - 1簽證只提供給附屬於私人和公共實體的非美國公民。因此，主辦單位無須是一個教育機構。對於想把一群人帶進美國的非教育組織，一旦該組織被授權使用J - 1簽證，J - 1會是一個有價值的工具。相反，簽發F - 1的

至少一年。

另一種選擇是E簽證。E簽證是提供給管理人員，行政人員，和已與美國簽訂雙邊條約的某些國家的專業人員。很多人沒有資格獲得E簽證，因為他們的國家沒有與美國簽訂有關條約。申請的雇員還必須符合一個條件，即他或她必須是與此公司進行大量交易和業務的國家的公民。如果您對本簽證興趣，我建議您聯繫一位移民律師討論你獲得E簽證的資格。

最後一個選擇是O型簽證。O簽證只保留給能夠證明他們在科學，藝術，教育，商業，或體育領域的非凡能力的人。想要申請O簽證的人必須證明他們是各自領域的頂尖人物。他們還必須證明他們已達到全國範圍或國際上的普遍認同。此外，所有想申請O簽證的人必須有一美國實體贊助他們的申請。雖然這看起來限制很大，但實體類型的範圍可以從商業到教育機構，甚至仲介代理機構。更重要的是成功的商界人士有資格申請O簽證。

如果你是一個想贊助你的員工的企業，我鼓勵和移民律師討論相關事宜。移民律師能夠評估你公司的狀況和為貴公司和您未來的雇員建議適合的簽證類型。（孔璋林譯）

主辦單位必須是教育機構。

F - 1簽證的一個缺點是，持F - 1簽證的學生必須時刻保持全職學習的狀態。不這樣做會導致F - 1簽證被視為無效。此外，持F - 1簽證的學生不能工作。唯一的例外是在完成學習後做“選擇性實習訓練”（OPT）。OPT允許學生在與他們的研究相關的領域工作一年。在少數情況下， 第二年的OPT是被允許的。

當一個非美國公民完成他或她的教育，找到了在美國工作，與美國公民或綠卡持有人結婚，或用另一種方式合法留在美國，他或她可以調整到不同的簽證 類別。很多時候，非美國公民不用為了這樣做而離開美國。這是許多學生每年在完成教育計畫申請H - 1B簽證時可以利用的，學生簽證的另一個很大的好處。

雖然一些J - 1簽證持有者被允許工作，持有J - 1簽證有一個主要缺點。對J - 1簽證持有人來說，駐留年限有一個嚴格的限制，這個規定需要一些J - 1簽證持有人在美國兩年後返回他們的國家一段時間。對於受這個駐留年限限制的人，說服美國政府放棄這一限制讓他們留在美國是非常困難的。（孔璋林譯）

K 簽證

申請移民的性質不同，K-3和K-4簽證的要求也不同。

美國公民的未婚夫/妻可以獲得K-1簽證。申請人持K1簽證進入美國後，必須在90天內結婚，否則必須離開美國。K-1簽證持有者的子女則有機會在K-1簽證簽署的壹年後獲得K-2簽證。通過立法者的修改，K-3簽證將更有效地滿足美國公民的外國配偶的實際需要。

（接第六版 - K簽證）

移民資訊

09年11月移民排期表

親屬移民排期	全世界(包括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	03年10月15日	03年10月15日	03年10月15日	92年07月08日	93年10月22日
第二優先2A	05年08月15日	05年08月15日	05年08月15日	03年06月15日	05年08月15日
第二優先2B	01年10月01日	01年10月01日	01年10月01日	92年06月01日	98年05月15日
第三優先	01年03月01日	01年03月01日	01年03月01日	92年05月01日	91年10月22日
第四優先	99年06月15日	99年06月15日	99年06月15日	95年11月08日	87年01月15日

職業移民排期	全世界(包括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	現在有名額	現在有名額	現在有名額	現在有名額	現在有名額
第二優先	現在有名額	05年04月01日	05年01月22日	現在有名額	現在有名額
第三優先	02年06月01日	02年06月01日	01年04月22日	02年06月01日	02年06月01日
非技術勞工	01年06月01日	01年06月01日	01年04月22日	01年06月01日	01年06月01日
第四優先	現在有名額	現在有名額	現在有名額	現在有名額	現在有名額
宗教工作者	沒有名額	沒有名額	沒有名額	沒有名額	沒有名額
第五優先	現在有名額	現在有名額	現在有名額	現在有名額	現在有名額

親屬移民排期表

- 第一優先: 美國公民的成年未婚子女
- 第二優先: 2A 永久居民的配偶及未成年子女
- 第二優先: 2B 永久居民成年子女
- 第三優先: 公民的已婚子女
- 第四優先: 公民的兄弟姐妹

職業移民排期表

- 第一優先: 傑出人才、研究人員教授
- 第二優先: 2A 永久居民的配偶及未成年子女跨國公司主管
- 第二優先: 高等學位專業人才
- 第三優先: 技術勞工及專業人士非技術勞工
- 第四優先: 宗教工作者
- 第五優先: 投資移民

移民問答

美國駐廣州領事館拒簽機率高

舢舨將把讀者有關移民的問題提給波士頓移民律師Keith Pabian並將其答復刊登在每期舢舨上。讀者如有这方面問題，請發電子郵件給editor@sampan.org

問：一位同事告訴我，美國駐廣州領事館對簽證申請的拒絕率高。這是為什麼？我該怎樣改變這種局面？

答：是的，美國駐廣州領事館是最難打交道的領事館之一。不幸的是，當人們在它國存在移民問題時，他們在本國的領事館就會遇到限制。不同國家的領事館有許多不同的規則和程序，因此向不同領事館申請簽證的困難程度是不同的。

中國，巴西和墨西哥等國家的公民在美國違反移民法的情況比較多，這些國家在美國有較多的非法移民或者持合簽證進入後愈期居留的居民。這些國家的公民因此很難獲得美國領事館的簽證。這就是美國駐廣州領事館成為最難打交道的領事館之一的原因。

雖然此信息很可能令中國公民沮喪，但想要獲得美國簽證仍然是有辦法的。大多數與美國駐廣州總領事館打交道的是那些申請B-1商務簽證或B-2旅遊

簽證的人。這些簽證要求申請人證明他們自己在前往美國以後肯定會返回自己的國家。由於美國政府對中國公民有負面看法，認為他們會違反移民法，所以中國公民申請去美國的簽證，必須提供大量文件證明他們前往美國後將返回中國。

美國領事館需要的文件包括申請人在中國的房產或租金證明，職業證明以及家庭關係的證明。申請人證明其回到中國符合他自己利益的文件越多，就越有可能獲得美國簽證。

為了最有效地解決這個艱巨的任務，我總是建議人們聘請移民律師。律師將指導你通過什麼文件促進獲得美國簽證的機會，並為你準備如何回答領事館官員的問題。律師是非常重要的，因為你可以獲得很多文件，但如果你提供虛假的資料，你將被拒絕美國簽證。

Keith A. Pabian, Esq. 是一位移民律師。電話（617）951-3721，或通過電子郵件kpabian@pabianrussell.com聯系。（陳公權譯）

健康專欄

Katy Bockstall 文
田恬譯

由於癌症是美國女性的第二大死因，癌症篩檢不只是我們對自己，更是對我們所愛的人所要負的責任。幸運的是，在許多案例中，及早發現癌症能降低發病率及死亡率。爲了要在形成腫瘤前探得生長異常的細胞，或在腫瘤生長無法控制之前找出腫瘤，各種癌症有不同的篩檢方式。值得強調的是，癌症篩檢的目的是在任何病徵出現之前測出癌症。

雖然許多種類的篩檢只能由一名醫師來檢查，皮膚癌的腫瘤卻可以由肉眼查見。及早發現皮膚癌最好的方式是熟悉您自己的皮膚，並小心注意不尋常的改變。特別應該注意的是痣的產生。使用ABCDE法能幫助指認皮膚癌的癥狀。A是不對稱 (asymmetry)，指當把一棵痣從中分半時，兩邊並不對稱。B是邊界 (border)，指當一棵痣的邊界不清楚或有鋸齒狀。C是顏色 (color)，指當痣改變顏色、變深、散佈顏色或失去顏色。不同顏色的出現更應特別注意，像是藍、紅、白、粉紅、紫或灰色。D是直徑 (diameter)，指當痣的直徑超過四分之一英呎，大約鉛筆附的橡皮擦的大小。E是凸起 (elevation)，指當痣的凹禿不平突出皮膚。如果您注意到以上任何癥狀，您應該立刻與您的醫師討論此情況。

在過去，人們普遍認為乳癌能夠被自我診斷。但是，乳癌的自我診斷，雖然能鼓勵注意到自己乳房有不尋常改變的女性迅速知會醫師，卻有相當的隱患。研究指出乳房自我檢查並不能有效減低乳癌死亡率，卻因誤診而導致乳房切片檢驗的增

及早發現：女人的癌症篩檢

加。多數國內團體不再鼓勵乳房自我檢驗，因為它帶來的不必要焦慮、增加的花費與死亡率。但是，所有的團體都鼓勵四十歲以上的女性做乳房x光照射。乳房x光照射能將乳癌死亡率在50到69歲之間的女性中降低20至35%，在40至49歲的女性中則稍微少些。超過70歲的女性仍應做檢查，雖然延續檢查的決定應把預期壽命與健康狀況納入考量。目前正在研究使用核磁共振攝影與超音波來為高危險群的女性檢查，但並不建議讓普通大眾使用。高危險群包括家庭醫學史中曾有乳癌例子的人，或擁有BRCA1或BRCA2基因突變的人。普遍來說，醫師應給與女性臨床乳癌檢查—檢查是否有腫塊—每三年一次直到40歲。40歲以後，女性應每一至兩年做乳房x光檢查。超過40歲的高危險群女性可考慮更頻繁的乳房x光檢查，或核磁共振攝影。核磁共振攝影能在4%的高危險群病人中辨識乳房x光無法顯示的癌症。

結腸癌經常在沒有任何警示的情況下出現，因而成年人必須接受結腸癌檢查。結腸癌在男性與女性中出現的頻率相等，通常出現於50歲以上的病患。因為此疾病無聲漸進的性質，結腸癌檢查是必須的。大多數的結腸癌從息肉開始，一種在結腸壁上的異常生長細胞群。此種息肉能被發現並在變成惡性腫瘤之前移除。每一位超過50歲的成年人都有可能得到結腸癌，高危險群則包括家庭醫學史或個人醫學史中曾有結腸息肉、孔羅氏病或潰瘍性大腸癌的人。普通成人應在50歲時開始每十年接受結腸鏡檢查。高危險群的成人則應更頻繁接受結腸鏡檢查。結腸鏡檢查能讓醫師使用一條細小、柔軟且照亮的管子插入結腸與直腸來檢查結腸內壁與直腸。

您的醫師可能給您一個糞便隱血試驗、軟式乙狀指腸鏡或是鉗劑灌腸攝影檢查來代替或伴隨您的結腸鏡檢查。結直腸癌是美國第二大癌症殺手（第一名是肺癌），而篩檢是救命所必要的。雖然超過50歲的無病徵成人都應接受檢查，如果您發現血便、無原因的經常性腹部疼痛、排便習慣改變或無原因的體重減低，您應馬上與您的醫生反應，因為這些癥狀可能代表指腸癌的存在。

雖然肺癌是美國頭號癌症殺手，目前的篩查方法的有效度仍然被調查中。至今無法確定斷層掃描、胸腔x光與痰細胞學是否比不篩查較能降低死亡率。藉由戒煙來預防癌症死亡畢竟比篩檢來得有效。肺癌普遍於吸菸者中出現，在患者40歲以後增加罹患可能性，並且男女皆能得到肺癌。使用肺部x光來篩檢肺癌並沒有減低死亡率，甚至會因暴露於x光照射而增加肺癌的死亡率。低劑量螺旋斷層掃描較胸部x光來得能發現初期癌症，但同樣地沒有減低死亡率的效果，卻會讓病人暴露於大量輻射之下。總結來說，x光與斷層掃描的輻射危險加上誤診的可能性，讓沒有症狀的肺癌篩檢未經證明有效。但是，肺癌是分期的疾病，所以及早發現能有助於預斷病患的情況。篩檢方式的有效度仍在被調查中，所以目前最好的忠告是戒煙來降低罹患肺癌的可能性。

最後，女性應定期接受子宮頸癌篩檢，因為每年接受子宮頸抹片檢查的女性減低95%的機會因子宮頸癌而死亡。子宮頸抹片檢查，或稱子宮頸細胞學，是篩檢子宮頸癌最有效的方式。目前，對30歲以上的女性來說，人類乳突病毒DNA檢查能在抹片檢查之後追加來增加診斷的正確

度。女性應在性生活開始活躍的三年後開始接受子宮頸抹片檢查，並不能超過21歲以後才開始。女性應該每年接受子宮頸抹片檢查直到30歲。在那之後，如果有連續三次正常的抹片檢查結果，子宮頸抹片檢查的頻率可降低到兩年一次。人類免疫缺陷病毒 (HIV) 陽性或其他免疫系統缺陷的病患應持續每年至少接受一次子宮頸抹片檢查。

(文章由塔夫茨醫學中心贊助)

(接第四版) - 市長

他們對亞裔社區在昆士發展的支持。範蘭說，昆士的中秋節活動過去在城市的邊緣舉行，和城市中心相隔很遠，是他的努力以及與活動組織者的互動下，最終將中秋節慶祝活動遷移到了市中心。這一舉動使中秋節成為昆士獨特的大節日，如今更是發展成為全州最大型的中秋慶祝活動。柯奇則表示，他出生及長大在Newbury街，認識許多友善的亞美裔鄰居，也曾經和許多亞美裔商戶有過合作，他覺得無論來自什麼民族，大家都擁有相同的價值觀，同樣都著重誠實、正直以及家庭的重要性。

無論是亞裔移民還是其他種族的市民，大家理想中的生活其實都一樣。柯奇還指出，他的辦公室透過昆士市長昆士市長亞裔諮詢委員會 (The Mayor's Asian American Advisory Committee)，了解亞裔社區的情況和需要，並將這些事務作為工作的優先事項。雖然在許多問題上，兩位市長候選人都意見相左，但他們都向選民保證，自己將會為建一個提供優質教育、街道清潔、社區安全的昆士而努力工作。

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昆市新聞

昆士亞裔顧問委員會提醒只有公民才能投票



昆士亞裔顧問委員會於十月十七日上午在北昆士社區中心舉行月會。與會者有委員邱潔芳(左二)、共同主席Jimmy Wong(左三)、共同主席唐若望(左四)及委員陳美雲(左五)等。(徐凱俐攝)

【本報記者徐凱俐昆士市報導】昆士市長亞裔顧問委員會(The Mayor's Asian-American Advisory Committee)於十月十七日上午在北昆士社區中心(North Quincy Community Center)舉行每月例會，討論即將來臨的昆士選舉，介紹電視節目「放眼昆士」(Eye on Quincy)，並總結剛結束的普通話班級反饋情況。

當天出席會議的人士包括委員會共同主席律師唐若望(John Downey)、共同主席消防員Jimmy Wong、委員邱潔芳(Betty Yau)、委員陳美雲(May Chan)及普通話班學生Thomas Oliver和Al Young等。

昆士大選將於11月3日進行，亞裔顧問委員會鼓勵選民積極參與投票的同時，也提醒市民，只有美國公民才能參與投票，綠卡持有者並沒有投票權。

委員邱潔芳說：「只有公民才能投票，綠卡持有者如果進行了投票，那麼他們以後要是申請公民資格的話，有可能會被拒絕。」

委員會共同主席律師唐若望也表示，為提高投票參與率，有人會說只要居住在昆

士，就能進行投票，這絕對是錯誤的。許多移民都對此有所了解，但也不排除有些人對此認識不深。唐若望提醒移民要搞清情況，以免造成將來的困擾。

關於剛開播兩期的廣東話電視節目「放眼昆士」共同主席Jimmy Wong表示，節目群眾反應良好，直播過程中收到不少觀眾來電，探討不同問題。

「放眼昆士」實行現場直播，每月的第一及第三個星期日晚上七時至七時半間在QATV八號電視臺首播，重播時間為每月第二和第四個星期一。「放眼昆士」中，主持人和嘉賓以對話的形式談論昆士市及亞裔社區事務，也歡迎觀眾在節目中的任何時間段播打熱線電話，加入電視討論。

亞裔顧問委員會設立的普通話培訓班收費合理，寓教於樂，著力於教授學生漢語的同時，幫助昆士的亞裔居民和非亞裔居民互相了解並產生互動。九月上旬開始的普通話班共有12個學生參加，反應甚佳。其中兩名學生出席了周六的月會，與大家分享他們的感想及所得。

學生Al Young表示，普通話學習班相對

低廉的收費和難度較淺的課程內容，非常適合漢語入門者作為是否要深入學習的試金石。

來自Randolph Community Partnership的學生Thomas Oliver認為，普通話課程非常有幫助，他不僅學習了一門新的語言，更認識了一種不同的文化。

另外，十月份是今年最後一個月亞裔顧問委員會提供免費社區服務。社區服務誌願者孫若青表示，她很開心能夠儘自己綿力為大家服務，幫助弱勢群體。

亞裔顧問委員會的下月會將於十一月二十一日在同一地點舉行，但會議結束後將不再設免費社區服務。

昆士市長候選人激辯眾華人市民出席



論壇以英語和粵語雙語進行。(徐凱俐攝)

【本報記者徐凱俐報導】由昆士亞裔協調會主辦，昆士社區報「愛國者報」(The Patriot Ledger)和聖公會昆士華人中心共同贊助的2009年昆士市長候選人論壇於10月19日(周一)晚在北昆士高中的禮堂內進行。大約有一百位市民到場，聆聽兩位候選人的參選理由和行政計劃。由於這場論壇以英語和粵語雙語進行，因此吸引了大批華人居民到場，顯示了華裔人口日益高漲的政治參與率。

兩位市長候選人現任市長柯奇(Tom Koch)和前任市長威廉範蘭(William Phelan)都用粵語向大家問好作為開場白，贏得眾人的掌聲。但之後，全場論壇卻充滿了火藥味，柯奇和範蘭兩人針鋒相對，互相指責對方過去的行政不當，強調自己應該當選的理由。

論壇上被反覆提到的財政問題，無疑是柯奇和範蘭週一晚交戰的重點。範蘭指出，在柯奇上任才不過一年裡，柯奇將昆士的稅率不斷調高，加重民眾負擔，成為昆士歷史上抬高稅率最多的市長。而柯奇則表示，他之所以會這麼做，是因為他的前任範蘭在位時，花錢如刷信用卡，借著不還，當他接任時，得到的是范蘭留給他的一片財政爛攤子。柯奇說他去年接手市政府時，昆士的未支付帳單達一千兩百萬美元之多。

範蘭還說柯奇任人唯親，裁去其他人的工作，卻給喜歡的員工特別的加班費，用非常優惠的價格與有關係的廠商和建築商交易。範蘭表示，在柯奇不斷提稅的同時，他卻用納稅人的錢購買了價值一萬八千美元的地毯裝飾自己的辦公室。柯奇則指出，範蘭任內批准的與Honeywell公司所簽合約，存有貓膩，市政廳所付費用大大高出市場價。

論壇上，兩位市長候選人都強調了(第五版續)



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華埠新聞

華埠社區聯盟月會於新唐人街圖書館召開



華埠社區聯盟月會在新唐人街圖書館召開。(徐凱俐攝)

【本報記者徐凱俐報導】華埠社區聯盟(The Chinatown Coalition)於10月8日在新落成的唐人街店面圖書館召開每月例會，眾華人社區團體均派代表出席會議，約二十人探討各組織面臨的新課題，了解波士頓華人佈道會的擴展計劃和華美福利會的成人教育項目。

討論華埠組織面對的挑戰和解決方案時，中華耆英會(Greater Boston Chinese Golden Age Center)主任張昆和2010人口統計普查合作專員伍少武表示，如今經濟不景氣，許多資金支持都不斷被減少，與其華人組織互相競爭，爭取同一樣資金來源，不如協調項目，一起合作，共同拿到運行項目所需經費。

來自波士頓華人佈道會的陳卓明牧師在現場向與會者介紹了佈道會的歷史和變

遷、不斷壯大的過程，以及如今正在計劃的擴展工程和其需要迫切性。他表示，現在的教堂已經無法滿足人口日益增長的佈道會對場地的需求，雖然現在還處於蕭條期，但擴展計劃得到大眾支持，在已經展開的籌款行動中，佈道會已經募集到了大於預期的數額。

華美福利會的副執行主任Sunny Schwartz在會上介紹了眾多新項目和課程。華美福利會近期提供的新項目有「工作前英語」(Pre-Vocational English)、「就業英語」(English For Employment)和其它工作培訓課程。Schwartz還介紹到華美福利會的就業中心為大眾提供免費服務，包括履歷撰寫、面試準備、工作諮詢等服務。另外，華美福利會還在每個月的第一和第三個週一9點至11點提供求職班，供中低收入戶

參加。Schwartz表示，相對其他提供同種服務的機構，華美福利會會在每個來訪者上花更多的時間，做針對性的指導。

她說：「我們有時間可以坐下來，和來訪者做詳細的職業規劃探討。」

波士頓華埠社區中心主任伍綺玲在會議最後向與會者她介紹，波士頓華埠社區中心將於11月7日週六舉辦中心成立40週年慶祝活動，波士頓華埠社區中心大家庭的成員屆時將與眾人分享中心對他們生活的影響。

2010人口統計普查合作專員伍少武也在會後表示，統計局鼓勵各個單位和個人積極參與普查。他特別提到非法移民也應該參與其中，他們提供的信息將絕對保密，不會外洩給其他單位。

下一次華埠社區聯盟例會將於11月12日上午九點半在華埠社區中心(Boston Chinatown Neighborhood Center)四樓會議室召開。

波士新聞



【本報訊】美國波士頓慶祝新移民和多元文化的宴會「我們就是波士頓(We are Boston)」於10月6日晚在波士頓會議中心舉行。900多名與會者向獲頒2009年度領袖獎的華裔大提琴家馬友友致敬。

波士市長萬寧路(Thomas Menino)在頒獎典禮中指出，出生在巴黎的中國家庭，在紐約市長大的馬友友，不但是世界頂尖的大提琴家，錄有75張唱片CD，榮獲16次葛萊美獎，更有藉音樂做文化、藝術、知性溝通的理念和具體行動。他還進教室介紹音樂，對啟發青年的創造力、想象力不遺余力。

馬友友說，每個人都有許多身份，自己最引以為傲的身份就是「移民」。自己是30多年前移民到此的「新波士頓人」。當晚聆聽多位青年談移民經過、心路歷程，和理想抱負，讓他有所啟發、深受感動。沒有多談40多年前移民美國就如昨日的感慨，他轉而憶述自己聯絡一位巴西音樂家，結果回信來自麻州牛頓市的小故事，與大家分享「近身接觸」的驚喜與快樂。

馬友友出生於法國巴黎。剛開始所學習的樂器是小提琴，後來是中提琴。到了1960年，也就是馬友友4歲的時候，開始學鋼琴與大提琴。到了5歲的時候，已經開始在觀眾面前演出。馬友友在7歲時與家人遷往美國紐約定居，8歲結識了著名的大提琴家帕伯洛·卡薩爾斯，並且其與倫納德·

馬友友獲贈2009年度波士頓領袖獎

伯恩斯坦幫助下，在美國的卡耐基音樂廳與姐姐馬友乘參加了第一次公開演出。這場演奏會是由倫納德·伯恩斯所指揮，並且在美國的電視節目上播出。

後來馬友友進入茱莉亞音樂學院(Juilliard School)，在大提琴家雷奧納多·羅斯(Leonard Rose)門下學習。

1976年馬友友於美國哈佛大學畢業，並取得人類學學士學位。1991年，哈佛大學授予他榮譽博士學位。

「我們就是波士頓」慶祝晚宴由波士頓

市府「新波士頓人辦公室」主辦，該辦公室1998年在市長萬寧路指示下創立，以協助新移民克服困難，適應和融入日常經濟、社會、文化生活。

(圖由波士頓市長辦公室提供)

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完整的申請表以及收入證明表格須於2009年12月8日以前收到，而非寄出。

抽籤將於12月15日禮拜二在同一地點舉行。

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www.s-e-b.com/lottery 或撥打 617-782-6900 並語音留言。

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(接反面第一版 - 市議員)

務聆聽八位候選人的發言，並表示對能夠有機會了解每個候選人的想法和他們改善城市的新構想，感到很欣慰。

華埠居民會的Henry Yee期望候選人能夠就可負擔住房和在華埠建立永久性圖書館這兩個問題展開更詳盡的討論。

最後一輪市長論壇將於10月27日晚上6點半在法尼爾廳(Faneuil Hall)舉行。屆時，以連任波士頓四任市長的萬寧路和挑戰者不分區市議員米高法拉提將展開激烈討論，為11月3日的選舉做最後的努力。(徐凱俐譯)



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活動簡訊

• 馬清雄師生聯展

馬清雄師生聯展將於10月17日(週六)下午1-3時舉行開幕,有茶點招待。文協國畫班將於10月17日至12月31日止,在Milton公立圖書館舉行。開放時間:周中9am-5pm,週四、週末及假日依圖書館作息時間。地址: 476 Canton Ave, Milton, MA, 電話:617-698-5757。

• 名廚與名菜

名廚與名菜活動將於11月7日(週六)下午4點至5點,在劍橋常熟酒樓舉行,由名廚陳永貴示範香蒜排骨以及溫州餛飩的製作。招收30人,有意學習做菜的僑胞,即日起請與僑教中心報名。電話:617-965-8801。

• 『不了情』音樂會

文協合唱團表演將於11月7日晚7:30pm呈獻藝術曲《杜鵑花、佛曲、聞笛、寒夜》、民歌《趕牲靈、鳳陽花鼓、掀起你的蓋頭來》、近代流行歌《不了情、牽手、聽泉》及台灣歌《港都夜雨、六月茉莉、流浪到淡水》等。免費,地點:Newton Second Church(60 Highland St.,Newton)。聯絡團長杜瑾瑜(cecily.duh@gmail.com)。

• 移民講座

紐英倫中華資訊網路協會(NECINA)10月24日在MIT (The Stata Center, Building 24, Room 32-141, 2-5PM) 舉辦專業人士移民講座。邀請張哲瑞聯合律師事務所的周健律師。主題為PERM申請的EB-1(a)、EB-1(b)、H1B、或者 NIW等類別申請。請到www.necina.org網站報名。

• 畫冊新書發佈會

10月25日(週日)下午一點,在紐英倫藝術學會展覽廳舉行《黃鏡明書畫集(上冊)》、《周文熙書畫集(下冊)》新書發佈會,該書由廣東嶺南美術出版社公開發行出版。地點:華埠愛丁堡街11號(11 Edinboro St.,Boston),電話:617-728-8588。

• 摩頓市議員論壇日

10月28(週三)下午2點,在摩頓老年中心(7 Washington St.,Malden)舉行,由麻州老年行動議會主辦,邀請六位市議員候選人辯論,中文將由周春塘博士翻譯。

• 中國文化研討會

10月31日(週六)早上10點至下午6點,在哈佛燕京大禮堂(2 Divinity Ave.,Cambridge)舉行。主題:「島與大陸的對話~21世紀的華語文學」。邀請作家朱天文、柯裕芬、劉克襄、格非、董啟章、鄭培凱、黃髮等有主講,中文、免費。聯絡張鳳:changphong@gmail.com。

• 網協企業家專案研究研討會

紐英倫中華資訊網路協會(NECINA)於10月27日晚上6:30至9時在IBM創新中心(IBM Innovation Center)舉辦企業家專案研究研討會。邀請 Deloitte & Touche 合夥人 John F. Manning 和Kepha Partners創辦人 Jo Tango。以及 Solar Engineering Solutions 與WebNotes 新創立的高科技公司參與。請至http://www.acteva.com/booking.cfm?bevaaid=192024 報名。

• 免費慈濟社區健康日醫療義診

台灣佛教慈濟基金會美國波士頓聯絡處及昆市亞裔協調會竭誠邀請您於2009年11月14日(週六)上午10時至下午3時,蒞臨在北昆市高中(316 Hancock Street, Quincy, MA 02171) 舉辦第六屆免費慈濟社區健康日醫療義診。此次健康日醫療義診再次由“昆市亞裔協調會”,以及昆市其他多所醫療機構協辦,為第二屆「昆市社區健康日」醫療義診。

當天的醫療義診服務項目包括:(1)流感疫苗注射(2)早期腎臟功能篩選(3)健康檢查:包括體溫、身高、體重、血壓、血糖檢測、結核病皮下注射測試、B型肝炎測試(4)健康諮詢服務項目為內科、口腔健康檢查及衛教、視力保健、及中醫(5)健康資訊服

務:身心健康諮詢、營養諮詢、藥劑諮詢、社會福利、追蹤複診及長期護理照顧等(6)多場的健康保健的醫療講座。

此次醫療義診完全開放給社區民眾。義診現場將有多位翻譯志工為您做多種語言的解說及翻譯服務。我們也建議有意參診者,先行以電話預約,或於當天下午1:30前逕往北昆市高中登記報名。由於名額有限,如果您看診的項目屬於下列其中項目:(1)流感疫苗注射(2)早期腎臟功能篩選(3)結核病皮下注射測試(4)B型肝炎測試;您必須以電話先行預約登記。請於出席義診當天攜帶個人證件以便完成註冊手續。有關電話預約詳情如下:

聯絡電話:昆市亞裔協調會(QARI)(617)472-2200

預約期間:2009年10月19日至11月12日

星期一至星期五:上午9:30至下午5:00

若有其他關於此次醫療義診的任何問題(非電話預約方面),請於每日上午10時至下午4時,致電慈濟波士頓聯絡處詢問:(617)762-0569。

基於安全考量,欲接受流感疫苗注射的民眾必須不能對蛋類過敏,而且必須符合以下的條件之一:(1)年滿50歲以上(2)慢性疾病患者(3)免疫系統疾病患者。

• 台灣前輩美術家畫展

為慶祝中華民國98年雙十國慶,波士頓華僑文教服務中心自今天至11月1日,在該中心舉辦「台灣前輩美術家畫展」,歡迎各界人士前往觀賞。

該中心表示,此次展示的作品包括:陳清汾的「瑞士萊夢湖」(油畫)、林克恭的「漁舟」(油畫)、陳澄波的「淡水」(油畫)、鄭世璠的「西門町」(油畫)、李梅樹的「太魯閣」(油畫)、

陳慧坤的「野柳風光」(油畫)、顏水龍的「蘭嶼風景」(油畫)、黃君璧的「曉山過雨」(國畫)、溥心畬的「梨花蝴蝶」(國畫)、陳敬輝的「春」(國畫)、林玉山的「水族奇觀」(國畫)、楊三郎的「玉山」(油畫)、廖繼春的「港」(油畫)、郭柏川的「荔枝和葡萄」(油畫)、席德進的「屋景」(水彩)、陳在南的「流雪溝」(油畫)、馬白水的「門神」(水彩)、蕭如松的「窗邊」(油畫)、謝峰生的「靜舟月影」(膠彩畫)、陳永森的「白鷺涉河塘」(膠彩畫)。

此外,並展出大量的台灣本土設計家設計的海報。

波士頓華僑文教中心除周一例行休館外,周二至周日上午9時30分至下午5時30分開放。電話:(617)965-8801,地址:90 Lincoln Street, Newton Highlands, MA 02461。

• 醫療中心藝展

麻州昆士醫療中心日前把緊鄰大廳的主要走廊通道改造成美術藝廊,正在展出紐英倫藝術學會會員們的作品,讓病患、訪客和工作人員享受精美藝術品。

該中心亞裔服務部經理譚秀婷表示,該中心很高興為本地藝術家提供展示作品的空間,擴大他們在公眾中的知名度。該中心希望有更多本地藝術家參與,提供不同風格的藝術品展示,從而使展覽不斷變化。

有關詳情可電譚秀婷(Lola Tom),電話(617)376-5493,或電郵ltom@quincymc.org詢問。

• NAPCA 鼓勵亞太裔長者注射流感預防針

華盛頓州西雅圖電:全美亞太裔耆老中心(NAPCA)提醒亞太裔長者

現在是時候注射流感預防針。

根據National Institute of Health (NIH)的研究,對於因流感而引起致命併發症,長者,孩童與及患病者是高危的一族。數據亦指出接近半數的65歲或以上亞太裔長者沒有注射流感預防針。因此把這信息帶給全國亞太裔長者社區是很重要的。

「很多原因令到長者不注射流感預防針,包括從害怕到需要付款的錯誤信息,」NAPCA代主席及代行政總監Christine Takada說。「我們想確實長者們明白注射流感預防針是不會引起流感病的,同時假如他們享有Medicare Part B,該注射是免費的。」

一般情況,從10月至3月期間,您可以在雜貨店,藥房和社區中心獲得注射。欲想找尋在您居住的地區提供注射流感預防針的地點,可按以下American Lung Association網址並輸入您的郵政編號。

您亦可以致電NAPCA輔助熱線。

NAPCA 全國免費多語言輔助熱線號碼:

英語 1-800-336-2722

華語 (國/粵語) 1-800-582-4218

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